

April 2013

Did You Know?

According to the California Highway Patrol, awareness is a major component of aging safely. As we age we need to be aware of the subtle changes aging brings:

- Our depth perception changes,
- Our reaction time slows,
- Our hearing decreases,
- Our arms and legs may not be as flexible, and
- · Medications we take may affect our driving.

Awareness may lead us to adjust to our changing bodies. To reduce the chances of an accident:

- 1. Keep our minds sharp with mental exercises
- 2. Keep the radio turned down
- 3. Maintain adequate distances between other cars,
- 4. Get enough sleep and rest
- 5. Check with your doctor or pharmacist about your medications and their side effects
- 6. Take classes to review driving laws
- 7. Make sure your vehicle is adjusted correctly for you

For a copy of the DMV's "Senior Guide for Safe Driving" and other resources regarding senior driving contact the Department of Motor Vehicles at 1-800-777-0133 or go to www.dmv.ca.gov.

What Really Matters To Me and Why?

Thursday, April 4, 2013 1:00 p.m. • Room 232

This collaborative project between Santa Clara University students and aging adults from the Santa Clara Senior Center seeks to provide space for a discussion of core values and experiences among seniors in our community. Each speaker was invited to respond to the question: "What Really Matters To Me, and Why?" Join us as we watch their student-made video interviews in search of what matters.

Marge Banko

Merritt Benson

Chuck Roberts

Joan Karas

Bernard Henschke

Terri Pelligrini

Joan Tunstall

Introduction to Woodworking #49693

Monday, April 22 and Friday, April 26

9:00a.m.-1:00 p.m. • Senior Center Woodshop • Resident Fee \$40 / Non-Resident Fee \$50

If you would like to learn about woodworking and get hands-on experience, this class is for you! Class consists of an orientation to the woodshop, lecture, demonstrations, and hands-on learning of the tools and techniques used in the woodshop. Participants will experience the pleasure that comes with planning, constructing, and taking home a project. No prior woodworking experience needed; materials are included in fee.

Santa Clara Parks and Recreation Department
1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170
www.santaclaraca.gov/seniorcenter • custservsrcenter@santaclaraca.gov
Monday—Friday 7:00 AM-5:00 PM • Saturday 9:00 AM-12:00 PM
(The office closes 30 minutes prior to the building)



SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1-(408) unless otherwise noted.

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Council on Aging Silicon Valley	615-3170 www.santaclaraca.gov www.coasiliconvalley.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am. Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Council on Aging Silicon Valley	615-3170 www.coasiliconvalley.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
SPA Services available by appointment: information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits, such as transportation, housing, food, healthcare, caregiving/ family support, legal services, and social/educational activities.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment. Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

Dance for Health

Mondays • 11:00-12:00 p.m.

Come out & get moving! This class is designed for adults 50 and older who wish to stay fit and learn basic jazz dance technique, steps, combinations, and routines in a fun and supportive atmosphere. Some exercises will include the use of chairs for props while sitting and/or standing. Strengthen your balance, flexibility, memorization, and coordination while enjoying upbeat music. All abilities are welcome. *Instructor – S. Van Dyne*

No Falls S.O.S.

Tuesday and Thursday • 11:00-11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. *Instructor – S. Van Dyne*

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30-8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants. *Instructor – A. Strauss*

Jazzercise with Jerome!

Monday and Wednesday • 7:30-8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants.

Instructor - J. Flowers

Zumba Gold® with Ginger

Mondays • 10:00-10:45 a.m. Wednesdays • 9:30-10:15 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, "fitness party." Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor* – *G. Willson*

Fitness for All

Wednesdays • 10:30-11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. *Instructor – S. Van Dune*

Tai Chi for Life!

Tuesdays & Thursdays • 8:45–9:45 a.m. Tuesdays & Thursdays • 9:45–10:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor - L. Scheer*

Senior Computer Class - Drop-In Lab Help #47687

Wednesday April 24 • 1:00 − 2:00 p.m.

Senior Center Computer Lab, Room 231

Are you having trouble with your email? Don't know how to cut and paste? Curious about Twitter? Do you need help signing up for email or uploading your resume? Bring your technology questions and get one-on-one assistance in this supervised lab. Pre-register to reserve your spot in this free class.

Instructor - Library Staff

Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels.

Seniors of all ages* & abilities are encouraged to register! Please refer to the Recreation Activities Guide for class fees and schedule.

*Ages 50 & up

HEALTH & WELLNESS, CARE MANAGEMENT

Walk A Block - SMALL FREE GIFT

This friendly group, led by Health and Wellness nurses and volunteers, is a self-paced group that does as many laps around the block as possible in 30 minutes. We meet Mondays and Wednesdays at 10:00 in the front lobby. A small free gift is available for participants who come to Walk a Block at least ten times. Take care of YOU this year!

Blood Pressure Clinic

Thursdays 9:30-11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Masters

2nd & Last Thursday each month 10:30 a.m.-12:00 p.m.

Sometimes we collect more treasures than we have space to keep them, and sometimes we have trouble making choices about what to let go. If this describes you, join us for discussion and support. We focus on staying motivated to create more space in our lives for the fun stuff, and on maintaining the flow that never seems to cease. There is no fee and all are welcome to drop in. If you have questions, please call Mallory von Kugelgen, RN, Geriatric Care Manager (408-615-3170).

A Few Good Men

Fridays • 12:30-2:00 p.m.

Share some stories and laughs, explore the process of getting older, and compare notes with other men who enjoy discussing what's on their mind.

Transitions #49614

Mondays • 1:00-2:30 p.m.

Rm 205 April 8th-May 20th

Feeling lost or overwhelmed by life changes? As we move through life transitions, there can be a sense of loss for what used to be. This group will provide and avenue of support so you can access resources and strengthen and enrich your life.

Finding Peace in a Frantic World #49613

Tuesdays • 10:30 a.m.-12:00 p.m.

Rm149 April 2nd-April23rd

Feeling stressed or worried? This Mindfulness Stress Reduction program is aimed at helping you find peace and contentment using Mindfulness-Based Cognitive Therapy (MBCT). Discover some simple practices to incorporate into your daily life to progressively free yourself from anxiety and stress.

Facilitated by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships. Participation is free but space is limited and registration is required.

Winter/Spring Wellness Series

Classes are held on **Tuesdays**, **1:00–2:00 p.m.**, in the Conference Room 205 (unless otherwise noted). Pre-registration is required. Each class costs \$6, or Santa Clara senior discount of \$5. Join us for some interesting discussion and up-to-date information!

Brain Fitness • April 2 • #46991

We will learn some simple strategies to improve your memory based on current research, and do some fun "fitness exercises" for the brain. *Instructor – Wendy Talbert, RN, BSN*

Get Out • April 16 • #47824

Sometimes it seems easier to just stay on the couch, but we still need to "get out and play". We will brainstorm ideas for how you can include social connection and play in your life.

Instructor - Mallory von Kugelgen, RN, Geriatric Care Manager

Free Hearing Testing! #48118

Wednesday April 24th • 9:00-10:30 a.m.

San Jose State University Speech and Language Pathology students and a supervising licensed audiologist return to offer hearing screening and information. This free service is by **appointment only** and spaces are limited. Please see the front desk to register. See the Health & Wellness office for more information. Check in for the day of testing will be upstairs in the Health & Wellness seating area

Meet with a Senior Peer Advocate (SPA) Volunteer

Mondays • 10 a.m.−12 p.m., Tuesdays • 1-3 p.m.

SPA volunteers are trained and certified to help seniors and their families find help. They provide information and assistance to connect Santa Clara residents to a variety of community resources and services. SPA appointments are available free of charge by making an appointment at the Senior Center front desk (1-408-615-3170). You bring the questions; we'll do our best to help you find the answers!

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30-10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission. Dance lessons change every month. Dances taught include Waltz, Fox Trot, Latin and more. Lessons are from 6:30–7:30 p.m. Dances are from 7:30-10:30 p.m.. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Drop-In Crafts

Thursdays • 1:00-3:00 p.m.

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. All seniors, age 50+, are welcome. Engage your brain as well as your creativity.

Dining Out

Served Monday-Friday • 11:30 a.m. • \$3.00 donation. Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches.

Advance reservations are required and are limited to 90 participants per day. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

Santa Clara Women's League

2nd Tuesday of each month • 1:00 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome. http://santaclarawomensleague.org

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome
		Games, G	Games, Games		
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
		Car	d Games		
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta, Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
		Activ	ve Games		
Wii	Mon-Fri Sat	7:00 a.m4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

APRIL

MONDAY		TUESDAY		WEDNESDAY			
MONDAI	1	IOLODAI	2	VILDIALGUA	3		
Computer Lab, Billiard Room Snack Bar Walk a Block	7-4:30 8-4 10-10:30	Computer Lab Billiard Room Snack Bar Wood Shop Bingo	CLOSED 7-4:30 8-4 8-12 12:00-2:30	Computer Lab, Billiard Room Computer Lab CLOSED Snack Bar Walk a Block	7-4:30 8:15-11:30 8-4 10-10:30		
		TGA Tuesday Dance RON BORELLI BAND 7:30-1					
Computer Lab, Billiard Room Snack Bar Walk a Block	7-4:30 8-4 10-10:30	ADVENTURES TO GO: LAUGHLIN-LAS VEGAS GETAW	9 AY 8:00	Computer Lab, Billiard Room Computer Lab CLOSED Snack Bar	7-4:30 8:15-11:30 8-4		
		Computer Lab Billiard Room Snack bar Wood Shop Bingo	CLOSED 7-4:30 8-4 8-12 12:00-2:30	Walk a Block	10-10:30		
		TGA Tuesday Dance	•				
		NOB HILL SOUNDS 7:30-1					
Computer Lab, Billiard Room Snack Bar Walk a Block	7-4:30 8-4 10-10:30	Computer Lab / Billiard Room Snack bar Wood Shop Bingo TGA Tuesday Dance 10TH AVENUE BAND 7:30-		Computer Lab, Billiards Computer Lab CLOSED Snack Bar Walk a Block	7-4:30 8:15-11:30 8-4 10-10:30		
Computer Lab, Billiard Room Snack Bar Walk a Block	7-4:30 8-4 10-10:30	Computer Lab / Billiard Room Snack Bar Wood Shop VTA Bingo	7-4:30 8-4 8-12 11-11:30 12:00-2:30	Let's Talk Travel! Computer Lab/Billiard Room Computer Lab CLOSED Snack Bar Walk a Block	24 12:30 7-4:30 12:30-2:30 8-4 10-10:30		
		TGA Tuesday Dance TENNOR BAND 7:30-10:3					
	29		30				
Computer Lab, Billiard Room Snack Bar Walk a Block	7-4:30 8-4 10-10:30	ADVENTURES TO GO: DAY AT PIER 39	9:00				
		Computer Lab/Billiard Room Snack Bar Wood Shop Bingo	7-4:30 8-4 8-12 12:00-2:30				
		TGA Tuesday Dance NOB HILL KNIGHTS 7:30-10	•				

THURSDAY		FRIDAY		SATURDAY
Computer Lab Billiard Room Snack Bar Wood Shop Lapidary Blood Pressure Drop-In	CLOSED 7-4:30 8-4 8-12 9-1 9:30-11:30	Computer Lab, Billiard Room Snack Bar Lapidary Bingo	7-4:30 8-4 9-1 12:00-2:30	Snack Bar, Computer Lab, Billiards 9-11:30
Thursday Night Dan GERI FOLEY, D.J. 7:30-10	ice 0:30pm			
Clutter Masters Computer Lab Billiard Room Snack Bar Wood Shop Lapidary Blood Pressure Drop-In	11 10:30-12:00 CLOSED 7-4:30 8-4 8-12 9-1 9:30-11:30	Computer Lab, Billiard Room Snack Bar Lapidary Bingo	7-4:30 8-4 9-1 12:00-2:30	Snack Bar, Computer Lab, Billiards 9-11:30
Thursday Night Dan THE CASUALS 7:30-10:				
Welcome Newcomers! Lunch Meet Computer Lab/Billiard Room Snack bar Wood Shop Lapidary Blood Pressure Drop-In Thursday Night Dan LYRATONES 7:30-10:3		Computer Lab, Billiard Room Snack Bar Lapidary Bingo	7-4:30 8-4 9-1 12:00-2:30	Snack Bar, Computer Lab, Billiards 9-11:30
ADVENTURES TO GO: GOLDEN GATE FIELDS Clutter Masters Computer Lab / Billiard Room Snack bar Wood Shop Lapidary Blood Pressure Drop-In Thursday Night Dan NOB HILL SOUNDS 7:30-		Computer Lab, Billiard Room Snack Bar Lapidary Bingo	7-4:30 8-4 9-1 12:00-2:30	Snack Bar, Computer Lab, Billiards 9-11:30

DINING OUT

DINING OUT												
Cheeseburger w/Lettuce & Tomatoes Chuck wagon Corn Confetti Coleslaw Fresh Fruit in Season		Roast Pork w/Applesauce Bread Dressing Red Cabbage & Apples Green Beans Pineapple Tidbits	Alternati	Veal w/Scallopini Sauce Rotini Whole Grain Noodles California Blend Vegetables Whole Kernel Corn Chilled Pears	15	All	Spaghetti w/Meatballs Garlic Bread Broccoli Cuts Romaine Iceberg Salad Fruit Cocktail	8	Alterna	Rotisserie Style Chicken Rotini Whole Grain Noodles Capri Blend Vegetable Tossed Green Salad Fresh Orange		MONDAY
Chicken Adobo w/Gravy Tomato Bisque Soup Asian Rice Noodles Carrot Raisin Salad Fresh Orange	Alternative Meal (Week #4) Chef Salad	Baked Fish w/Tartar Sauce Marinated Garbanzo Beans Salad California Blend Vegetables Fortified Juice Snickerdoodle Cookie	Alternative Meal (Week #3) Unicken Pasta Salad or Vegetarian Cottage Cheese Salad or Egg	Roast Turkey w/Gravy Whipped Potatoes Mixed Vegetables Fresh Orange	16	Alternative Meal (Week #2) Tuna Salad c	Honey Mustard Chicken Brown Rice California Blend Vegetables Carrot Raisin Salad Fresh Fruit in Season	9	Alternative Meal (Week #1) Chef Salad or Vegetarian Cottage Cheese Salad or Tuna Salad	BBQ Pork Sandwich Scalloped Potatoes Broccoli & Cauliflower Fortified Juice Apple Pie	2	TUESDAY
	Alternative Meal (Week #4) Chef Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger	Beef Mushroom Patty w/Gravy Whipped Potatoes w/Gravy Cabbage & Carrots Fresh Orange) or Vegetarian Cottage Cheese Salad o	Stuffed Green Peppers Tuscan Bean Soup Wheat Roll, Italian Blend Vegetables Romaine Tossed Salad Chilled Peaches Chocolate Cookie	17	Tuna Salad or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian Patty Burger	Roast Pork w/Gravy Rye Bread Oven Baked Red Potatoes Normandy Blend Vegetables Fresh Banana Peach Crisp	10	etarian Cottage Cheese Salad or Tuna S	Roast Turkey w/Gravy Candied Yams French Cut Green Beans Pineapple Mandarin	ω	WEDNESDAY
		Stuffed Cabbage Roll Capri Blend Vegetables Rom Iceberg Salad Fresh Fruit in Season	r Egg Sandwich or Vegetarian Patty Burger		18	Sandwich or Vegetarian Patty Burger	California Seafood Salad Minestrone Soup Mixed Green & Tomato Confetti Bean Salad Fresh Orange	11	Salad Sandwich or Vegetarian Patty Burger.	Baked Fish w/Tartar Sauce Navy Bean Soup Herbed Brown Rice Asian Blend Vegetables Country Coleslaw Fresh Fruit in Season	4	THURSDAY
				Saked Beef Rigatoni Barlic Bread Spinach Barden Vegetable Salad Fresh Fruit in Season			Roast Turkey w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Fruited Gelatin w/Mandarin Orange	12	rger. 🇷	Meatloaf w/Gravy Rye Bread Whipped Potatoes w/Gravy Spinach Fresh Fruit in Season	បា	FRIDAY

Alternative Meal (Week #5): Greek Chicken Salad or Vegetarian Cottage Cheese Salad or Tuna Sandwich or Vegetarian Patty Burger

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9:00 a.m.-1:00 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. (Donations accepted are used to replenish consumable lapidary supplies).

Woodshop

Tuesdays and Thursdays • 8:00 a.m.-12:00 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. (Donations accepted are used to replenish consumable woodshop supplies)

Welcome Newcomers

3rd Thurs. of each month • 10:30-11:30 a.m. • Rm 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek, Donna Marencia, and Alice Pivacek.

Meetings:

4th Mon. of each month • 10:00 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at *www. santaclaraca.gov.*

You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

FREE Tax Service

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays starting Tuesday, February 5, through Thursday, April 11, 8:30-4:00, to help you with your Year 2012 Federal and State Income Tax Returns. Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income. Please bring the following with you when you come for your appointment:

- Valid photo identification and taxpayer identification number(s) (Social Security Number).
- Birth dates of all individuals to appear on the return.
- Bank routing numbers and an account number for direct deposit.
- Copies of your Tax Returns and supporting documents you filed for Year 2011.
- Your W-2 Forms from each employer for Year 2012
- Your 1099 G Forms for unemployment.
- Your SA-1099 Forms for Social Security received in Year 2012.
- All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2012.
- Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2012.
 Form 1099-B.
- Your record of withholding and Estimated Tax payments for Year 2012. (Forms 1040-ES and 540 ESS).
- Name and address of landlord to receive State Renter's credit.
- If you plan to Itemize Deductions, please bring a consolidated list of your Year 2012 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

Call the Senior Center office at 408-615-3170 to make an appointment. Appointments are required.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room and Natatorium are open

Monday-Friday 7:00 a.m.-4:30 p.m.

Saturday 9:00-11:30 a.m.

The Natatorium is closed for cleaning

Monday-Friday 1:30pm-3pm

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the "Fitness Center Orientation Video." The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

Walkers Are Welcome!

Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.-1:30 p.m. • Wednesday & Friday: 7:00-10:00 a.m. and 11:00 a.m.-1:30 p.m.

Tuesday & Thursday: 3:00-4:30 p.m.

Lanes #2 and #3 are always designated for swimmers only.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from 81-84° F. **Warm Water Pool:** Water temperature ranges from 90-94° F.

Spa: Water temperature ranges from 97-101° F.



No spitting, spouting, or nose blowing in the pool!

Substances from our bodies can be passed in microscopic amounts from swimmer to swimmer, even in well-maintained pools. Please observe the natatorium guidelines and shower with soap before swimming, and take a break from swimming if you've recently had a contagious illness, such as diarrhea, or have open sores. It's not good for you and it's not safe for your friends in the water.

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00-11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00-11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go...carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclara. ca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

New Trips

New trips were released at Let's Talk Travel on March 27. Santa Clara Resident Registration began at that time. Non-resident registration began on the following Monday. See the April 2013 issue of the Adventures To Go Newsletter for detailed trip information and a complete listing of all upcoming trips. You may pick up a copy at the Senior Center or view it online at: www.santaclaraca.gov under Parks & Recreation and Senior Center. For registration information, drop by the Senior Center office or call 1-408-615-3170.

Let's Talk Travel

April 24, 12:30 p.m.

Join us and Let's Talk Travel! We meet on the fourth Wednesday of the month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following Let's Talk Travel. Call 1-408-615-3170 for more information.

Day/Overnight Trips

Laughlin-Las Vegas Getaway	April 9–12
Jersey Boys	April 17
Hornblower Brunch Cruise	April 21
Golden Gate Fields	April 25
Day at Pier 39	April 30
Ramona Pageant Getaway	May 4–6
Terracotta Warriors & Chinatown	May 7
Terracotta Warriors & Chinatown	May 9
Elkhorn Slough	May 15
Carmel Walk	May 23
Black Oak Casino	May 29
SF Giants vs. Oakland Athletics	May 30
Safari West	June 4
Day in Downtown Sonoma	June 11
AT&T Park Tour	June 15

Laughlin-Las Vegas Getaway

No. 49115 • Tuesday-Friday, April 9-12 • Per person: \$298 double occupancy and \$338 single occupancy

Half the fee due at time at registration; balance due March 14.

Activity level: MEDIUM/HIGH – approx. 10 hour drive with a rest stop mid-way and lunch stop. A detailed itinerary will be mailed to travelers prior to the trip.

Enjoy three nights at Don Laughlin's Riverside Resort including baggage handling, and a complimentary breakfast and dinner buffet. The city of Laughlin is on the banks of the Colorado River, across from Bullhead City and just 77 miles from the more famous Nevada city of Las Vegas. It's all about fun in Laughlin, with casino action around the clock, live entertainment, and outdoor recreation in the river and surrounding desert. This getaway is designed to take you out of the mechanics of ordinary daily life and into a true desert escape. The third day of the stay will include a day trip to the fabulous Las Vegas strip! The day is yours to spend as you please...visit the Eiffel Tower, take the Las Vegas Trolley around town, watch the water dance at the Bellagio, or enjoy a matinee performance of a live Vegas style show. There's always something to do in Vegas! The deluxe Preferred Charters motor coach leaves promptly at 8:00 AM on Tuesday and returns at approximately 6:00 PM on

ADVENTURES TO GO

The following are just a few of the trips that were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

Hornblower Brunch Cruise

No. 49118 • Sunday, April 21 • \$135 per person

Activity level: LOW – approx. 1 hour drive. Short periods of walking and standing; some steps. Wear comfortable walking shoes.

There's nothing like springtime in the city, especially when you are sailing through the picturesque San Francisco Bay. We'll spend some time aboard an elegant yacht, dining, listening to music, and taking in the sights surrounding us. Our vantage point will offer magnificent views of landmarks such as Coit Tower, the city skyline, the Golden Gate Bridge, and more. Hornblower Cruises presents this scenic 2-hour cruise, which features a scrumptious traditional Champagne Brunch, along with live music to serve as the perfect backdrop for this visual and culinary feast. **Motor coach leaves promptly at 9:30 AM and returns at approximately 3:00 PM.**

Ramona Pageant Getaway

No. 49120 • Saturday-Monday, May 4-6 • Per person: \$628 double occupancy and \$814 single occupancy • Half the fee is due at time of registration; balance due April 12

Activity level: MEDIUM/HIGH – approx. 8 hour drive with a rest stop mid-way and lunch stop. A detailed itinerary will be mailed to travelers prior to the trip.

The Mission Inn Hotel & Spa has an illustrious history as a home away from home for world leaders, celebrities, and discerning travelers who seek a luxurious and classically elegant place of refuge and renewal. From its modest beginnings as a two-story adobe guest house in 1876 to its current position as an icon of breathtaking architecture, timeless beauty, and old world charm, The Mission Inn Hotel & Spa is a place where history, grandeur, and inspiration are found around every corner. Since 1923 "Ramona" has delighted audiences of all ages. Entering the Ramona Bowl Amphitheatre for a performance of "Ramona" is like taking a journey back through time. The natural landscape of the Ramona Bowl remains almost as it was during that first performance. April 13, 1923. The romance and the tragedy of Ramona & Alessandro transfixes the crowd as they watch it unfold, offering a glimpse, though fictional, of the history of southern California, Tour highlights include a 2 night stay at the luxurious Mission Inn & Spa, docent led tour of the Mission Inn Museum and Property, a Welcome Banquet Dinner and shaded upper box seats with padded seating at the Ramona Festival with waitress service and a BBQ Lunch. Round trip transportation provided by Royal Coach Tours. **Motor coach** leaves promptly at 8:00 AM on Saturday and returns at approximately 5:30 PM. on Monday.

Black Oak Casino

No. 49549 • Wednesday, May 29 • \$41 per person

Activity level: MEDIUM – approx. 3 hour drive; long periods of sitting.

Black Oak Casino is located in Tuolumne and is operated by the Me-Wuk Indians. The casino offers a variety of slots and table games. Upon arrival you will receive a bonus of \$15 free play and a \$5 food credit. You will be on your own for 5 hours to enjoy the casino and have lunch. Remember to bring your Players Club card to increase your bonuses and a Govt. issued photo ID. Bonus packages are subject to change without notice. **Motor coach leaves promptly at 7:30 AM and returns at approximately 6:30 PM.**

AT&T Park Tour

No. 49553 • Saturday, June 15 • \$91 per person

Activity level: MEDIUM – approx. 1 hour drive; long periods of walking and standing during 1 1/2 hour tour; some stairs. Wear good walking shoes.

Get the players' eye view of baseball's perfect address, 24 Willie Mays Drive, better known as AT&T Park, home of the 2012 Worlds Champion San Francisco Giants. At this spectacular ball field, home runs can be "splash hits" and the breathtaking Bay view rivals the action on the field. On your behind-the-scenes ballpark tour you will go to places only the players and staff go including a dugout, indoor batting cage, Visitor's Clubhouse, the Press Box, and a luxury suite. Your tour will include a deli sandwich lunch at the ballpark and time to shop at the Giant's Dugout. Lunch includes choice of Turkey & Havarti Cheese on sourdough roll, Tuna Salad on sourdough roll, Roast Beef on sliced sourdough, Turkey & Cranberry on sliced sourdough, Bavarian Ham & Cheese on sliced sourdough, California Vegetarian on Multigrain bread, and chips, water and dessert.

Motor coach departs promptly at 9:30 AM and returns at approximately 4:00 PM.